

Muir Woods National Monument

National Park Service
U.S. Department of the Interior

Golden Gate
National Recreation Area



February 2014 Park Events for the Entire Family!

Trails Less Traveled

Sat. 2/8, 9:30-12:30pm

Join Ranger Aimee on a 4 mile exploration of trails less traveled from Ben Johnson to the famous Dipsea. This is a moderately strenuous hike that will get the heart pumping and feet moving towards Leave No Trace principles. Suitable for ages 8 and up.

Muir Woods After Hours

Sat. 2/15, 4:30-6:30pm

Join Ranger Bridget on this 2 mile walk which starts at sunset and concludes in the dark of night! We'll listen for owls, look for bats and use our senses to discover the wonders of this forest. Bring a flashlight. Not suitable for children under 8 years old.

A Woodland Winter

Sun. 2/16, 9:30-Noon

Join Ranger Lou and discover the wonder of an old growth redwood forest in winter on this leisurely walk on the Fern Creek and Alice Eastwood trails. This is a moderate hike where you will look for mushroom displays, wildflowers, waterfalls, and more! Suitable for all ages, but strollers are not advised.

Cool Clear Waters

Sun. 2/23, 9am-Noon

Join Ranger Lou on a 2 mile tour around the Redwood Creek Restoration site at Muir Beach to learn how the habitat has been improved for the endangered Coho salmon and threatened California red-legged frog. Suitable for all ages and wheelchair accessible. Meet at Muir Beach parking lot.

Towering Trees Children's Program

Sun. 3/2, 10:30-11:45am

Meet a tree, play with sounds and colors, learn about micro hiking and earth windows. Join Sherry Keith in exploring nature through song, music, and art. Suitable for children ages 3-7; must have adult or sibling (10 years+) present.

Reserve your spot today by calling 415-388-2596
Learn more at www.nps.gov/muwo/planyourvisit



***For all ranger led programs wear sturdy shoes, bring water and snacks, and meet at the Visitors Center. Space is limited!**